Another Gold For Perez

Rio de Janeiro–Ecuador’s Jefferson Perez had little trouble in defending his 20 Km racewalking in the Pan American Games. In the July 22 race, Perez bided his time for 15 km and then easily moved away from the field to win in 1:22:08. It was his third Pan Am title—he first won in 1995—and is a nice addition to his six titles at the World level—one in the Olympics, two in the World Championships, and three in the World Cup.

On the same day, El Salvador’s Cristina Lopez took the women’s title at 20 Km with her 1:38:59 win. Six days later, Ecuador adds a second gold as Xavier Moreno came from behind Mexico’s Horacio Nava to win the 50 Km in 3:52:07.

The men’s race started at 3 in the afternoon under a hot sun. Perez led all the way, but walking at a very comfortable pace—42:03 for the first 10—was content to let his teammate Rolando Saquipay, Columbia’s Gustavo Restropo, and Mexico’s Cristian Berdeja stay with him through 12 Km. But when Perez accelerated from 8:31 on the sixth 2-km lap to 8:06 on the seventh, the others started to drop away. At 14, Restropo was 8 seconds back, Saquipay 10 seconds back, and Berdeja 12 seconds back. Pressing his advantage, Perez walked the next three laps in 7:43, 7:51, and 7:54. By the finish, Saquipay was 80 seconds back in second, with Restropo another 1:23 behind him. Berdeja was disqualified before he reached the 16 Km mark.

For the U.S., Matt Boyles was on pace for a personal record at 10 Km (44:05) and held that pace for another lap. He slowed from there, and eventually lost a raise-long duel with Brazil’s Mario Santos for fourth in 1:30:03, 10 seconds in back of the Brazilian. At the same time, he pulled well clear of Costa Rica’s Allan Segura, who led by two seconds at 10. Matt commented: “It was pretty good. I felt really good throughout until the last two laps. Now my legs really hurt.” John Nunn walked a well-paced race in seventh, finishing in 1:32:37 after going through 10 in 46:15. After slowing a bit from 10 to 14 Km, he was able to accelerate again and make his last three laps his fastest of the race, other than the opening lap. “I realized what happened with my racing this year and now I know how to fix it”, said John. “I have no doubt that I will be a force to contend with in the 20 and 50 km races at the Olympic Trials.”

In the women’s race, the leading group went by the 10 Km mark in 48:50. At that point, Lopez was accompanied by Ecuador’s Miriam Ramon, Mexico’s Maria Esther Sanchez, Guatemala’s Evelin Nunez, Bolivia’s Geovana Irusta, and Columbia’s Sandra Zapata. But, by 18 Km, only Irusta and Nunez were still with Lopez. Shortly before 19 Km, Nunez was disqualified. With a sharp increase in the pace over the final lap, Lopez was able to move clear of Irusta and crossed the line 8 seconds ahead. Irusta then received the word that she too was disqualified. Then left Ramon to pick up the silver medal, well back in 1:40:03, but far ahead of Sanchez, who took the bronze.

Teresa Vaill and Jolene Moore were among the six walkers disqualified by the judges (from 14 starters). Vaill was with the leaders at 6 Km, but did not reach 10 before she got her third red card. Moore was out shortly thereafter. Actually, Vaill dropped out of the
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race before she got the DQ, but the third card had already been written, so she was officially disqualified. “There were seven of us in the lead pack and we were racing along at a pretty good pace, but there was a lot of elbowing in the pack,” said Teresa after the race. “I was feeling pretty good, right where I wanted to be but I got elbowed so many times that my shoulder started cramping and I just could not continue.”

In the 50, Moreno scored a surprising victory in a South American record time after Nava seemed to be on his way to the gold. The Mexican moved to the front early and by 10 Km led Moreno by 19 seconds in 46:44. Stepping up the pace for a 45:18 second 10 (1:32:12 at 20), Nava extended the lead to 34 seconds. A 44:57 on the third 10 brought him to 30 Km in 2:17:09 and gave him a 64 second lead.

Although he started to falter over the next 10 km, slowing back to a 45:30, Navae continued to build the lead. He went through 40 in 3:02:39 with Moreno, who also slowed, nearly 2 minutes back in 3:04:27. With Mexico’s Omar Zepeida alone in a distant third, it appeared the medals were determined.

Nava, however, was suffering and slowed considerably on the next 5, which took him 24:09. But Nava was also struggling to make the margin stay the same. Perhaps seeing the strength draining from Nava gave Moreno heart and he suddenly found another gear, accelerating to 23:28 for the final 5. He caught Nava in the final 2 km to win by 28 seconds. Nava needed 23:49 for his final painful 5.

For the U.S., Ken Eastlack was having a strong race in his second-ever 50 and was in third place, about 3 minutes in back of Nava at 25 Km in 2:57:27, seemingly on his way to a sub 4-hour performance. However, before he reached 30, he had a third DQ card, all for bent knees. He was one of three walkers to be disqualified. (See more on this in “From Heel To Toe feature in this issue.”) Philip Dunn finished in eighth place in 4:15:47.

The results:


**Other Results**

Race Hither. Race Yon. And Perhaps Elsewhere, Too

August 2-5 National USA Track & Field Championships 5 and 10 Km, Orono, Maine (D)
Sat. Aug. 4 5 Km, Ft. Collins, Col., 8 am (H)
Sun. Aug. 5 5 Km, Evergreen Col., 8 am (H)
Tue. Aug. 6 5 Km, Long Branch, N.J., 6:45 pm (A)
Sun. Aug. 12 Eastern Regional Youth 2 and 5 Km, Open 5 Km, along with USA-Canada Junior Dual, NACAC Under 23 RW Cup, Hauppauge, N.Y. (U)
10 Km, Kentfield, Calif., (P)
5 Km, Denver, 8 am (H)
Mon. Aug. 13 5 Km, Long Branch, N.J. 6:45 pm (A)
Sat. Aug. 18 Indiana 5 Km, Indianapolis (AA)
National USA Track & Field Championships 15 Km, Minneapolis (V)
5 Km, Loveland, Col., 7 pm (H)
1 Hour, Kentfield, Calif., (P)
5 Km, Littleton, Col., 8 am (H)
Mon. Aug. 27 5 Km, Long Branch, N.J., 6:45 pm (A)
5 Km, Denver, 8 am (H)
Sun. Sept. 11 West Regional 1 Hour, Banks, Oregon (E)
Sat. Sept. 8 New Mexico 5 and 10 Km, Albuquerque (T)
2.8 Miles, Seattle (C)
Sat. Sept. 15 North Region 15 Km, Minneapolis (V)
Sun. Sept. 16 USA Track & Field National 40 Km, Ocean, N.J. (A)
Pac. Assn. 20 Km, Oakland, Calif. (J)
Florida 1 Hour, Plantation, Fla. (Q)
5 Km, Denver (H)
Sun. Sept. 23 5 Km, Albuquerque (T)
Sun. Sept. 30 5 Km, Kentfield, Calif., 7:30 am (P)
Sat. Oct. 6 Minnesota and North Region 50 Km (also, 5,10,20,30, and 40 Km)
National USA Track & Field Championships 5 Km (Z)
Sun. Oct. 7 5/2 Marathon, Sandy Hook, N.J., 9 am (A)
Sat. Oct. 13 1 Hour, Albuquerque, N.M. (T)
Sun. Oct. 14 Georgi 5 and 10 Km, Atlanta (F)
USA Track & Field National 1 Hour, Waltham, Mass. (B)
Sun. Oct. 20 Indiana 20 Km, Indianapolis (AA)
Sun. Oct. 21 1 Mile, Kentfield, Calif., (P)
Sun. Oct. 28 10 Km, Seaside, Calif., (W)
USA Track & Field National 30 Km, Hauppauge, N.Y. (U)

From Heel To Toe

Subscription rates. Not that the subscription rate to the Ohio Racewalker is $12.00 per year for domestic subscribers and $15.00 for those outside the U.S. These rates are noted on expiration notices that I send out, but occasionally some on in the U.S. will send me $15.00 for a renewal. When this happens, I simply give them a 15-month renewal and hope the individual will notice my largesse. I am still toeing the line at $12.00 despite the fact the the U.S. Postal Service keeps increasing the price of a First Class stamp. But, if I start losing money or continue to lose subscribers (circulation peaked at about 700 in the late '80s and has dropped steadily since--sort of the same curve that we see in the number of elite walkers--to about 280 today. The Ohio Racewalker has always been strictly a break-even proposition as my contribution to the sport, but I don't want my wife to have to be supporting it. On the other hand, I much appreciate the notes that occasionally come back on a renewal slip to boost my ego, for example: "With all the changes in my life you have remained one of the constants. Every month I relive and renew. Thanks for being there." My thanks to all who express appreciation for my humble efforts...Derek. Also on a personal note, some subscribers inquire about the status of my son Derek and it's been a while since I published an update. To acquaint more recent subscribers with the situation, in June of 1997, at age 28, Derek crashed during a motorcycle at Gateway International Raceway, across the river from St. Louis. As a result, he was paralyzed from the waist down, with his spine fused from T6 to T12. His story of recovery and his return to a full life was remarkable, some of it chronicled in these pages from time-to-time. Then, in August of 2005, 7 months after he had moved to
Morgantown, W.V. in a consulting position, he got a serious infection that attached to the rods in his back and got into the spine. As a result he had five more surgeries over a two-month period, including fusion to the end of the spine. He returned to Columbus for the last three of those surgeries and has been living with us since, having sold his house in Morgantown. And again, he is quite active for one in a chair. As a matter of fact, he is camping with his lady friend this weekend. He has been teaching guitar at both the Columbus and Dublin (Ohio, not Ireland) Rac centers, took on the task of directing the Midwest Regional Disability Lifestyles Conference and Expo to be held at Ohio State in September, and recently started working on CD, this one a duo with Mike Ulrey, who plays native American flute. Derek plays 12-string acoustic guitar. To learn more about him, you can check his website at www.derekmortland.com, though I’m not sure when he last updated it...

Riddle answered. In an item in last month's ORW Elliott Denman referred to Mie Byrnes as one of the few HS> coaches in the nation able to say he coached two Olympic racewalkers. Elliot did not identify the two walkers, however, and I noted that the answer to this riddle was not in my trivia bank. But, of course, Elliott knew and he e-mails: "And the answer is...Mike Byrnes coached Steve Hayden and Dan O'Connor at Wantagh High School on Long Island. (Steve walked the 50 in the 1972 Olympics and Dan the 20 in 1984. Dan was also on a record 9 World Cup teams.)... McGovern Camp. Dave McGovern will conduct one of World Class Racewalking Camp’s in Clermont, Florida from Wed. Oct. 31 through Sunday Nov. 4. The camp is in conjunction with the National Maser's 20 Km race. A racewalker for 24 years and coach for nearly as long, Dave has won 13 national titles at distances from 10 to 40 Km, with a best 20 Km of 1:24:29. Dave and other top racewalkers and coaches will train with attendees, conduct video analyses of style, and present lectures on all aspects of racewalking. This will be Dave’s 14th camp. The cost of $715 includes lodging and meals. All ages are welcome. For more information, contact Dave at 20 High Street, Locust Valley, NY 11560, 845-709-2152, DmCG@Racewalking.org. The Eastler DQ. In an internet posting, Tom Eastler (father) comments on Kevin’s DQ at the Pan Am Games: “Kevin was by himself most of the race in third place. He walked just like he always walks. He received one caution paddle. Either two or three of the red cards were without benefit of a caution...suggesting that two or possibly three of the officials regarded him clearly illegal...no need for a caution. Was that the case??? An unequivocal no! What happened? Who knows??? He did fine in Brazil in April and May issues of the dialog between Larry Young and Bob Bowman. Bob noted that evidence from much study of film from the “old” days (30-40 years ago) shows a greater flight phase back in those “slow” days than among today’s elite walkers. He attributes this to the longer, slower stride of that time. Well, here is one of those long-slow stride walkers with obviously no flight phase at all. The heel is about a millimeter from contact and the entire toe area of the trailing shoe is still in solid contact. This was not one of my better days and I would have attributed that to the fact that I was "hugging" the ground too closely. But shouldn’t that have made me go faster, according to Bob’s (and other’s) evidence. Well, I’m not in an argument with Bob and I’m not trying to prove anything—a single picture certainly couldn’t do that. But, it indicates that walkers of that day could walk at a reasonable pace with absolutely no flight phase. The picture was taken at the 1967 National 15 in Berwick, Pa. I finished seventh in 1:15:52, so I was probably walking at an 8 to 8:10 mile pace when the picture was taken. The race was won by Ron Laird in 1:08:13 followed by Steve Hayden 1:11:47, Jack Blackburn 1:12:07, John Kelly 1:12:24, Dave Romansky 1:13:36, Ron Daniel 1:14:32, Mortland, Steve Rebman 1:16:30, Shaul Ladany 1:17:10, and Jake himself 1:18:30. There were 34 finishers under 1:30, a number you won't see in any 15 km race today.
Humans Walk Upright to Conserve Energy

by Randolph E. Schmid, AP Science Writer
Proceeding of the National Academy of Sciences

WASHINGTON - Why did humans evolve to walk upright? Perhaps because it's just plain easier. Make that "energetically less costly," in science-speak, and you have the conclusion of researchers who are proposing a likely reason for our modern gait.

Bipedalism — walking on two feet — is one of the defining characteristics of being human, and scientists have debated for years how it came about. In the latest attempt to find an explanation, researchers trained five chimpanzees to walk on a treadmill while wearing masks that allowed measurement of their oxygen consumption. The chimps were measured both while walking upright and while moving on their knuckles. That measurement of the energy needed to move around was compared with similar tests on humans and the results are published in this week's online edition of Proceedings of the National Academy of Sciences.

It turns out that humans walking on two legs use only one-quarter of the energy that chimpanzees use while knuckle-walking on four limbs. And the chimps, on average, use as much energy using two legs as they did when they used all four limbs.

However, there was variability among chimpanzees in how much energy they used, and this difference corresponded to their different gaits and anatomy. One of the chimps used less energy on two legs, one used about the same and the others used more, said David Raichlen, assistant professor of anthropology at the University of Arizona.

"What we were surprised at was the variation," he said in a telephone interview. "That was pretty exciting, because when you talk about how evolution works, variation is the bottom line, without variation there is no evolution."

If an individual can save energy moving around and hunting and spend more of it on reproduction, "that's how you end up getting new species," he said. Walking on two legs freed our arms, opening the door to manipulating the world, Raichlen said. "We think about the evolution of bipedalism as one of first events that led hominids down the path to being human."

Their is the latest of several explanations for walking upright. Among the others have been the need to use the arms in food gathering, the need to use the upper limbs to bring food to a mate and offspring and raising the body higher to dissipate heat in the breeze.

LOOKING BACK

45 Years Ago (From the July 1962 American Race Walker published by Chris McCarthy)—A blazing sun on a shadeless course took its toll on competitors in the National 20 Km in Chicago. Ron Zinn finally prevailed over John Allen in 1:43:59 (compared to his 1:36:02 on the same course 8 months later on a cool March day, when Ron Laird did 1:34:52—just to let you know how much heat affected the race). Allen was 31 seconds back. Usually tough in the heat, Jack Mortland faded badly the final third of the race and finished 3rd in 1:47:20.

His consolation was leading the Ohio TC to the team title, with Jack Blackbum fourth (1:49:09) and Jeff Loucks ninth (1:52:06). Early leader Ron Laird managed only fifth, nearly a minute behind Blackbum. Canada's Felix Cappella came sixth. Only 15 of 37 starters managed to break 2 hours. Two weeks earlier, Zinn had won the National 2 Mile in Walnut, Cal. There he beat Laird 14:35:8 to 14:40:6, with Mike Brodie third in 14:47:2.

John Humcke, Akos Szekely, and Bob Bowman followed.

40 Years Ago (From the June 1967 ORW)—Ron Laird scored an easy victory in the Los Angeles Invitational meet with the British Commonwealth in 1:36:29. A promising young walker, Larry Young, also beat the Commonwealth with a 1:40:47 in second. The Commonwealth walkers suffered noticeably in the heat and humidity, with England's Ron Wallwork third in 1:43:00. Two weeks earlier, Laird had walked 1:32:24 in Santa Barbara to beat Don De Noblanc (1:34:25), Young (1:35:30), and Tom Dooley (1:35:50). Another promising newcomer, Steve Hayden, won the National Junior 2 Mile in Buffalo in a record 14:55:2, with teammate Howie Jacobson (now better known as Jake) second in 15:07. (Junior in those ancient days was not an age category, but a category for those who had never won a Junior or Senior national.)

35 Years Ago (From the July 1972 ORW)—The U.S. Olympic Trials were contested in Eugene, Oregon and Larry Young won both the 20 and 50. In the 20, on July 1, the times were much slower than expected. With heat not a factor, some suspected a long course. Nevertheless, Larry pretty much controlled the race, leading by nearly a minute at 10 Km and winning in 1:35:56. Goetz Kripfler (1:38:03), Tom Dooley (1:39:10), and Todd Scully (1:39:25) took the next three spots. Two-time Olympian Rudy Hallaiza finished in 1:38:00, but was too late to qualify. In the 50, on July 4, Young toyed with the field through a 2:08 first half and then accelerated the rest of the way to win uncontested in 4:13:05 on a hot day. The surprises were in second and third with both Bill Weigle (4:20:09) and Steve Hayden (4:23:25) making massive improvements on their personal bests. A solid favorite for the team, Bob Kitchen, had to settle for fourth in 4:25:06. In Erfurt, E.G., Hans-Gero Reinmann and Peter Frenkel broke the world record for 20 with a 1:25:19.4 on the track. Gerhard Sperling also broke the old record (1:25:50) with a 1:25:37.8. Young also won the National 15 Km in Northglenn, Col. On July 15 in 1:10:22. Jerry Brown and Bill Weigle were 2 and 3 minutes back in second and third. Jeanne Bucci set an American women's record with a 1:35:3 for 1 Mile.

30 Years Ago (From the July 1977 ORW)—Neal Pyke became the first U.S. walker ever to win the 20 Km in a US-USSR dual T&F Meet. He did 1:28:18 in Sochi, leaving Yevgeniy Yezuykov 2 minutes behind. (However Pikinow of the USSR, walking as a guest, actually won the race in 1:27:50). Todd Scully was fourth in 1:34:45. Neal also won a 10 Km against West Germany, beating Scully 42:32 to 42:33, and Dan O'Connor led all the way to win the National 25 Km in Washington, D.C. with a 2:05:12. Carl Schueler, Dave Romansky, and Bob Kitchen took the next three spots.

25 Years Ago (From the July 1982 ORW)—In Niagara Falls, Todd Scully won the National 30 Km in 2:08:45 and Susan Lier-Westoverfield the National 15 Km in 1:18:11. Andy Liles won the National Junior 15 Km (by then age-related) at the same site. Well back of Scully were Canada's Glenn Swenzy, Ray Somers, and Martin Kraft. Pat Moren was second to Liles. Jim Heiring finished second to Yevgeniy Yezuykov in the US-USSR dual meet in Indianapolis. Yezuykov had 1:26:42 for the 20 and Jim 1:27:05. A week later in East Germany, Jim was faster (1:26:13), but finished third behind Werner Heyn (1:24:45) and Michael Boenke. Ray Sharp, after struggling in Indianapolis, had a 1:29:49 in this one.

Mexico's Ernesto Canto won the Prague-Podebrady 50 Km in Czechoslovakia with 3:51:10.

20 Years Ago (From the July 1987 ORW)—The premier titles went to Tim Lewis and Maryanne Torrellas in the US&T&F Championships in San Jose. Lewis won his third straight...
20 Km title in 1:24:12 breaking his own meet record by more than a minute. Carl Schueler (1:26:10), Ray Sharp (1:27:00), Gary Morgan (1:27:31), Mike Stauch (1:28:15), and Paul Wick (1:30:06) followed. Torrellas broke away from Lynn Weik in the final 800 meters to win the women’s 10 Km title in 47:23.8. Lynn finished in 47:36.5. Debbi Lawrence (48:31), Teresa Vaill (48:58), and Sara Standley (50:54) were next in line. The junior national 10 Km went to Reggie Davenport in 48:54 with Jon Jorgeson (49:07) and Lennie Becker (49:58) second and third. The Perez girls, Dindy (25:23.5) and Cybil (25:30.6) went one-two in the Women’s Junior National 5 Km. Norma Commans (25:46) was third.

15 Years Ago (From the July 1992 ORW)-At Niagara Falls, Andrzej Chylinski grabbed the National 10 Km title in 41:07. Canada’s Martin St. Pierre was just 14 seconds back. Gary Morgan (43:30), Ian Whatley (44:03), and Curtis Fisher (44:10) took the next three spots. Canada’s Janice McCaffrey won an accompanying women’s race in 46:13, just 14 seconds ahead of Debby Van Orden. 60-year-old Max Green blasted a national age group record of 51:36. ..On the track in Fana, Norway, Sweden’s Stefan Johansson broke Ernest Canto’s World Record for 20 Km with his 1:18:35.2. Mexico’s Carlos Mercenario had a 3:48:06 for 50 at the same site.

10 Years Ago (From the July 1997 ORW)-Curst Clausen won the National 10 Km at Niagara Falls, but finished only third in the race. His 41:04 effort was no match for Ecuador’s Jefferson Perez (41:21) and Canada’s Aurtur Huerta (41:43). Another Ecuadorian, Juan Rojas, was fourth, with Al Heppner and Jan Klos taking the next two spots. U.S. Junior titles went to Emma Carter and John Nunn. Carter finished more than a half-minute ahead of Liza Kutzing in 24:51.91. Nunn did 48:52.35 to beat Brian Colby by nearly a minute.

5 Years Ago (From the July 2002 ORW)-In the World Junior Championships in Jamaica, Japan’s Fumi Mitsumura won the women’s 10 Km race in 46:1:51, nearly six seconds ahead of China’s Siqi Liu. Maryna Tsikhanava, Belarus, was third, another seven seconds back. Russia’s Tatyana Kozlova, who had a sub-45 minute performance, took the lead at 8 Km, but then folded up to finish seventh. In the men’s 10 Km, Russia’s Vladimir Kanaykin blasted the final 2 Km in 7:46 to edge China’s Zingde Xu by just 3.6 seconds in 41:41.40. Brazil’s Rafael Duarte was third. Benjamin Shorey finished 17th in 45:22.42. ..In the Irish Championships, Gillian O’Sullivan zoomed to a world record 5 Km in 20:02.6 and Robert Heffernan won the men’s 10 in a swift 38:47.66

This is filler material in the form of a terrible pun: King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said “I’ll give you 100,000 dinars for it.” “But I paid a million dinars for it,” the King protested. “Don’t you know who I am? I am the King!” Croesus replied, “When you wish to pawn a Star, makes no difference who you are.”

More filler: Back in the 1800s, the Tates Watch Company of Massachusetts wanted to produce other products and, since they already made cases for watches, they used them to produce compasses. The new compasses were so bad that people often ended up in Canada or Mexico rather than in California. This, of course, is the origin of the expression, “He who has a Tates is lost!”

Winners at the 2006 World Cup of Racewalking. Top: Francisco Fernandez of Spain, the men’s 20 Km winner in 1:18:31. Bottom left: Ryta Turava, Belarus, women’s 20 Km winner in 1:26:27. Bottom right: 50 Km winner Denis Nizhegorodov, Russia who walked 3:38:02.